

Protective Behaviours Foundation Course

Your Course →

with

SFAC

↙ *Your Classrooms*



↙ *Your Trainers*



Caitlin



Leah

**Dr Caitlin Lance Hope
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What is “Protective Behaviours?”



Protective Behaviours (PBs) is an open source framework developed by Peg Flandreau West in the USA during the 1990s. The framework is **designed to help people live full, adventurous lives** and has been used all over the world in a wide variety of contexts, from juvenile detention centres to corporate workplaces to improve personal safety and wellbeing.

The framework is packed full of practical tools, and information that will be invaluable for anyone working with children and families including but not limited to:

- * **social workers & case workers**
- * **counsellors, therapists & psychologists**
- * **parents**
- * **residential carers & foster or kinship carers, adoptive parents**
- * **NGO leaders**
- * **children’s home directors**
- * **government policy and decision makers**
- * **judges and lawyers involved in child care and protection**

PBs grew directly out of Flandreau West’s practice as a social worker supporting children who had experienced abuse. So while it is a practice-derived framework, it was **PB’s consistency with current neuroscience , trauma informed practice and psychological research** that attracted SFAC’s lead PBs trainer, Dr Caitlin Lance Hope. **When you attend PBs training through SFAC, you will find practice experience, research and theory woven throughout the material.**



“In my 20+ years of working in social work & child protection,, the best training, the most helpful training I’ve ever done was Protective Behaviours.

It gave me a framework I could apply to any situation - to understand a child’s world, a parent or carer’s world or even to reflect on my own experiences.”

Dan Hope, CEO at SFAC



What is “Protective Behaviours?”



Caitlin describes PBs as:

“a perfect foundation for teaching the art (and the science!) of how to care for ourselves, others and the world.”

PBs has evolved over time and looks slightly different depending on the organisation and practitioner using it. The framework outlined in this training includes **two concepts, two foundational themes and seven strategies** and was developed by the Protective Behaviours Consortium, UK.

Once you become familiar with the core PBs components, you’ll be able to apply them to **your professional work with children and families AND in your personal life**, helping you to:

- * better understand behaviour & trauma responses
- * identify problems,
- * analyse options and solutions
- * and intervene in ways that bring about positive change for you, your organisation and/or those you work with.



Protective Behaviours

has greatly helped me in my
daily life & especially **at work** while
interacting with the youth and
community.



MORiS
UGANDA



The Protective Behaviours Foundation Course

PLUS!

About the course

SFAC teaches the Protective Behaviours Foundation Course **online** and **in person**.

It consists of **five interactive workshop sessions of three hours each**. Groups are kept small (max 14 participants) to ensure everyone has an opportunity to contribute.

After the course is finished, **attendees have the option to complete an assessment**.



Why complete the assessment?

- * You will become more familiar with the PBs framework and be better equipped to use it to enhance your work and home life.
- * You can register as a Protective Behaviours Practitioner with PBC
- * It opens up more PBs opportunities for you - further PBs training and even becoming a trainer if you would like to!

The course has two components to it:

1 The Foundation Level Protective Behaviours Course.

This curriculum is set by the Protective Behaviours Consortium, UK (more on them on page 8) and teaches you the full PBs framework. PBC also sets, delivers and marks the assessment for the qualification.

2 The PLUS - a special SFAC bonus!

Both components will be woven together throughout the sessions. Let's explore The PLUS now....



The PLUS



What does the “PLUS” entail?

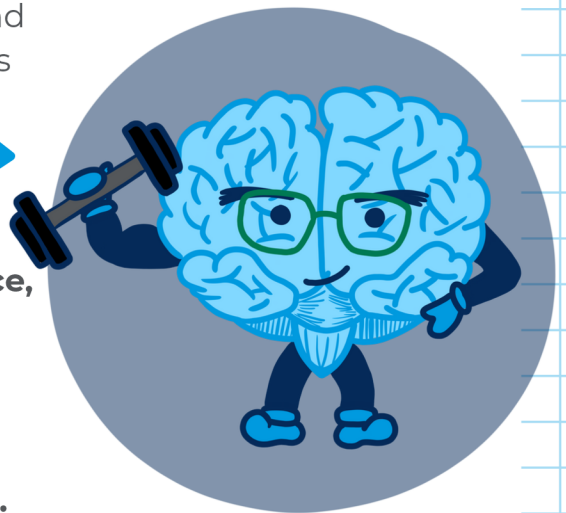
“This is by far the best course I have attended across multiple areas of work - I have looked forward to each and every session!”

1 RESEARCH

SFAC’s PBs practice and training are overseen by Dr Caitlin Lance Hope. While Caitlin no longer practices as a clinical psychologist (i.e. she no longer provides therapy), her clinical training drilled into her the value of robust research in ensuring any helping practice actually helps people!

She has devoted many hours to documenting and presenting the research and theory that supports PBs in an interesting and entertaining way - complete with her quirky illustrations! →

All PBs training delivered by SFAC includes additional information. From basic **neuroscience**, and **trauma informed practice**, to **intriguing experimental studies** and the limitations and challenges of current academic research, **your PLUS training will further empower you to use PBs in both your professional and personal life.**



2 RESOURCES

SFAC’s wealth of international experience has led to the development of **additional PBs informed resources** you can use in your practice immediately, safe in the knowledge they’ve been tested and used across a wide range of cultures and contexts.



The PLUS (continued...)

3 PRACTICAL SUPPORT FOR IMPLEMENTATION

Additional course time has also been allocated to implementation. You will have many opportunities to practice using the PBs framework. These parts of the course are designed to help you gain a deeper understanding of challenges you're facing in your practice and workplace, and to identify multiple creative solutions and interventions.

After the course, **you will have opportunities to access mentoring** with Caitlin and other members of the SFAC team to support you further as you begin to implement PBs into the way you work.



4 INTERNATIONAL EXPERIENCE

SFAC has trained and mentored people in PBs in over 15 countries across five continents and has worked with organisations involved in the care and protection of children in over 50 countries. This means our trainers are experts in helping practitioners and organisations to adapt and implement the PBs framework to a wide range of cultures and contexts.

and a couple of BONUSES!

- * One or two members of the SFAC team will meet with you after the course to help you and your organisation consider how to best use what you've learnt within your unique context. Your trainer(s) will discuss this during the final session and together you can decide how you want to use this time.
- * If you decide to complete the assessment, your trainers will set aside dedicated time after the course to assist you and answer any questions you may have.

About your trainers

Dr Caitlin Lance Hope

Having lived and worked across four continents, Caitlin uses her expertise as a **Chartered Psychologist and Protective Behaviours trainer & practitioner** to translate complex psychological concepts into everyday language and actions.

Originally from Australia, **Caitlin worked as a clinical psychologist in multiple contexts, including in a school and with survivors of torture and trauma.**

She now lives in the UK with her husband, Dan - who also happens to be SFAC's CEO. They met in India at an SFAC training event!

A former barista who can't stand the smell of coffee, Caitlin is a passionate advocate for PBs, believing that **the framework can help create safe, healing environments for people who have been made vulnerable by circumstance.**



Leah Denes

As a social worker, Leah has worked in the fields of **child protection, modern slavery and domestic and family violence in Australia and the United Kingdom.** She advocates for each person and child to have their voices heard.

Currently living in Sydney, Australia, Leah joined the SFAC team when she was working as a child protection social worker in London. **Leah uses PBs daily with clients, staff, and external stakeholders.** She believes the PBs

framework can bring us a deeper and more thoughtful way of understanding those around us

"Caitlin and Leah delivered exceptionally well, they made the concepts easy to understand!"



Your Protective Behaviours Foundation Course is brought to you by:

SFAC (Strengthening Families And Children)
and **The Protective Behaviours Consortium (PBC)**

PBC sets the curriculum for the course and, as a registered PBC training centre, SFAC will be running the training and follow up support. Caitlin and Leah are both registered trainers with PBC. Dan Hope, SFAC's CEO, is a registered PBs consultant.

About SFAC

As a child rights charity, SFAC is challenging and changing child care and protection systems all over the world. Our team of **social workers, therapists, lawyers and judges** educates, equips and empowers adults involved in the care and protection of children all over the world (**54 countries and counting!**).

Working by invitation only, we've trained, mentored and consulted with organisations at all levels; **from small grassroots NGOs to regional and national governments and judiciaries.** We partner with organisations for the long term, acknowledging that safe, sustainable change for children takes time.

We do all this so children everywhere can be and feel safe, have somewhere to belong and the best chance to thrive.

To find out more about all the services we offer, please visit our website - www.sfac.org.uk. But not until after you've finished reading this!

About PBC



PBC is **a leading provider of Protective Behaviours training in the UK.** They work hard to ensure the training you receive is of the highest standard. PBC also provides support to PBs practitioners and trainers. You can find out more about their work at **www.protectivebehaviours.co.uk**

PBC are not the only provider of Protective Behaviours training in the UK. **At SFAC, we choose to do our training through PBC for a few reasons:**

- * They include the two concepts alongside the themes and strategies.. We believe these are an essential component of the PBs framework.
- * They have extremely high standards and quality assurance processes
- * They offer excellent ongoing support to those who choose to continue their PBs journey and become a registered practitioner and/or trainer.

What you'll receive

At the end of EACH session

You'll receive:

- * a pdf copy of the notes from the session
any information you need to prepare for the next session

"This PBs Foundation course has been transformative. The content is practical, empowering, and essential for anyone working with or interacting with others. I highly recommend this training."

At the end of the LAST session

From SFAC you'll receive:

- * a pdf copy of the notes from ALL the sessions - **including more than 10 tools and activities you can start using in your practice straight away.**
- * **a follow up call** to help you and your organisation think through how to implement what you've learnt.
- * **support to complete the assessment** if you decide to do it.



From PBC you'll receive:

- * an ebook outlining the PBs framework
- * a certificate of participation
- * links to complete the assessment if you choose to.

Course Cost

At SFAC, we want everyone to be able to access our services **regardless of our budget**. Below you'll find the full costs associated with the Protective Behaviours Foundation Course.

If these costs make accessing the training prohibitive please contact us on info@sfac.org.uk to **see if your organisation is eligible for subsidies** and/or to discuss possible funding options.

The full course cost is currently £325 per person.

This includes the cost we pay to PBC for providing us with the curriculum and all their associated administrative costs (including setting and marking the assessment).

The course was worth it. The sessions were very educational.

Thank you for this course. It was such an eye opener.

The training & teaching were very interactive and exciting.

Accessibility

If you or your team have any particular learning needs, please contact us to discuss how we can best meet them. It is important to us to make our Protective Behaviours courses available to as wide an audience as possible.

Caitlin has extensive experience working through translation. In addition, her lived experience of disability and chronic illness ensure she knows how to find creative solutions for making training accessible (to both trainers and learners!). She would be more than happy to speak with you to discuss how we can make your learning experience smoother.



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Strengthening Families And Children

**by equipping adults
involved in child care and protection
with the knowledge & skills they need
to help children thrive.**



SFAC is a Charitable Incorporated Organisation (CIO)

Registered Charity: 1186903



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